**Caribbean Shrimp Broff (Soup)**

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**INGREDIENTS**

680 g Shrimp , peeled, deveined, washed keep the shells and heads

15 g Butter

1 bunch Scallions , sliced, divided

2 scallions per 6 servings

4 stalks Celery , diced, divided

10 sprigs Fresh Thyme , divided

8 g Chopped Fresh Parsley , divided

2 g Ground Black Pepper , divided

1450 mL Water

6 g Salt , divided

15 mL Vegetable Oil

1 Large Onion , diced

4 cloves Garlic , crushed

4 Pimiento Peppers , sliced

230 g Diced Pumpkins

1 Carrot , diced

300 g Diced Sweet Potatoes

2 Green Bananas , sliced

1 Scotch Bonnet Pepper

1 g Green Caribbean Seasoning to taste

Noodles

**METHOD**

1. In a saucepot over medium heat, add Butter (15 g) , Scallions (1 bunch) , Celery (2 stalks) , Fresh Thyme (5 sprigs) , Fresh Parsley (4 g) , and Ground Black Pepper (as needed) . Mix and sweat down all the vegetables, about 4 minutes.
2. Add in the head and shells Shrimp (680 g) and give a good stir. Cook for 4-5 minutes.
3. Crank the heat up to high and add Water (1450 mL) . Season with Salt (2 g) and let it simmer on low heat for 25 minutes.
4. Set the broth aside. In a large pan over medium heat, add Vegetable Oil (15 mL) , Onion (1) , Garlic (4 cloves) , Pimiento Peppers (4) , Celery (2 stalks) , Fresh Thyme (5 sprigs) , and Ground Black Pepper (as needed) . Let it sweat down for a few minutes on low heat.
5. Add Scallion (1) and Fresh Parsley (4 g) . Stir well for 4-5 minutes
6. Add the Pumpkins (230 g) , Carrot (1) , Sweet Potatoes (300 g) , and Green Bananas (2) .
7. Strain in the shrimp broth. Add to the pot and season with Salt (2 g) . Stir well and reduce the heat to a rolling boil.
8. Remove any impurities that come up on the top. Add in the whole Scotch Bonnet Pepper (1) . Let it cook until everything breaks down.
9. Season the shrimp meat with Salt (2 g) , Ground Black Pepper (as needed) , and Green Caribbean Seasoning (1 g) . Mix well and let it marinate for 10 minutes before adding it to the pot.
10. Remove the scotch bonnet pepper. Add Noodles (to taste) . Taste for salt and any additional seasoning. Add the shrimp and give it a quick stir then turn off the heat. The residual heat will cook the shrimp.
11. Serve warm in large bowls.